

PRESS RELEASE

For Immediate Publication

Journey of a Father from Diabetes Patient to kidney Donor to save son's life at Ft. Lt. Rajan Dhall Fortis Hospital

- *India is the global capital for diabetes and hypertension*
- *Most renal disorders or malfunctions are a result of uncontrolled diabetes*

April 14th, 2015, New Delhi: Nothing short of a miracle happened to a father and son when the father donated a kidney to his son when the young man was diagnosed with a renal failure. The team, who conducted the transplant to save the life of 27 year old son of the donor, was led by **Dr Randeep Wadhawan, Director & Head, Department of Minimal Access, G.I and Bariatric Surgery**, Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj, New Delhi.

Mr. KB Arora, 56 years of age, had been diabetic since past 15 years and with uncontrolled diabetes was also suffering from morbid obesity – leading to Diabetes, obesity due to Diabetes. His condition indicated a possibility of him being a kidney recipient. On oral medicines for diabetes he was presented to Dr. Wadhawan with high blood sugar levels, high blood pressure, high HbA1C levels and high body mass index (BMI) which pointed to obesity. In this condition, he was counseled for metabolic surgery, explaining him the benefits of the procedure, particularly for his Diabetes.

The surgery led to a sustained weight loss. The patient's Diabetes started improving two days after the procedure and he went into complete remission in three months. His sugar levels were controlled; exercise tolerance also improved significantly leading to a much better quality of life with his BMI coming down significantly.

Research has revealed that diabetes, in fact, is the commonest cause of renal failure, accounting for nearly 45 percent of new cases. In India, more than 60 million people suffer from diabetes, that is, almost 8.3% of the adult population, and by 2030, around 9.4% of the adult population will suffer due to rise in life expectancy, urbanization, change in dietary habits and lack of exercise. Bariatric & Metabolic surgery brings about an excellent response in reducing morbid obesity and other co-morbidities associated with Obesity in particular Diabetes Type II and therefore providing a healthy and better quality of life.

Mr Arora's subsequent presentation to Dr. Wadhawan was with his son, a young man of 27 years diagnosed with End stage Renal Disease. Brought in with kidneys in a failed condition the son was advised an early renal transplant by Dr. Sanjeev Gulati -Director Nephrology, Fortis Vasant Kunj. It

seemed only right when the father was considered the natural donor and the search for a donor ended with him.

According to the European guidelines some of the contra-indications for a kidney donor are Diabetes Mellitus and body weight in excess of 30% ideal body weight. By virtue of his present body weight and blood sugar levels he was qualified to donate his Kidney and give a life to his son.

The Nephrology team investigated him extensively and after clearing all the medical and legal issues, the renal transplant surgery was performed by Dr Rajeev Sood, Director Urology & Renal Transplant Surgery. Both, Mr Arora and his son, are very happy and doing well, proving the timely metabolic surgery conducted in the father helped not one, but two lives.

Dr. Randeep Wadhawan said, “The patient will now have to follow certain mandates as far as diet, exercise and lifestyle is concerned for better management of his life after the transplant. He will be on immune-suppressants throughout his life.”

Dr. Sanjeev Gulati, Director, Department of Nephrology said, “Despite the fact that the father had been through a metabolic surgery, he was the natural choice as multiple tests if the donor had been unrelated that could have delayed the process could be circumvented.”

Dr. Rajeev Sood, Director Urology & Renal Transplant Surgery, said, “The donor was the father who had already undergone procedures to get back to health and was therefore, well aware of the lifestyle his son would have to adopt to lead a healthy life after the transplant. This also helped in counselling the son about the lifestyle and management of health he has to follow.”

Mr. Abrar Ali Dalal, Facility Director, Fortis Hospital, Vasant Kunj said, “It was a very emotional moment for both, the father and the son. From almost becoming a recipient, the father in fact, became a donor to his son. The fact that they re-invested their trust and confidence in the team of doctors here reiterates the quality of treatment and care extended to patients by the medical practitioners at Fortis.”

About Fortis Healthcare Limited

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